

When you need  
a ride to the  
**doctor . . .**

When you just  
can't get to the  
**dentist . . .**

When there is no  
other way to go  
to a **medical  
appointment . . .**

*FISH is here for you!*

**Director**

Debra Galloway

**Administrative Coordinator**

Claire Wigandt

**Outreach Specialist**

Ana Cristina Oliveira

**Program Coordinator**

Sharon Wilkes

**Receptionist**

Jean Taylor

**Volunteer Coordinator**

Ed Gottmann

**FISH Coordinators**

Jeffrey Conlin

Ed Gottmann

Jane Graham



**SUDBURY SENIOR CENTER**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

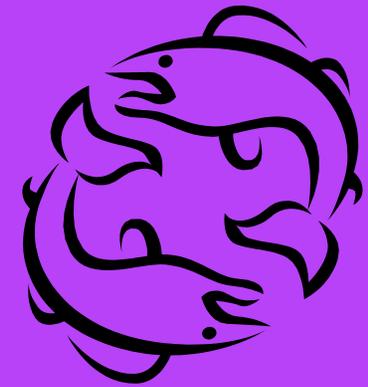
(978) 443-3055

FAX 978-443-6009

<http://senior.sudbury.ma.us>

FISH\*  
OF  
SUDBURY

\*FRIENDS IN SERVICE HELPING



A program of the  
SUDBURY SENIOR CENTER

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

978-443-2145

# FISH OF SUDBURY

## HOW WE CAN HELP YOU . . .

FISH is here for you whenever you need to get to a medical appointment *and family and friends are not available.*

The appointments can include dentists, acupuncturists, podiatrists, chemotherapy, mental and physical therapy, and other medical needs.

These appointments can be in Sudbury, surrounding towns, or even in Boston.

## HOW IT WORKS

When you need medical transportation, call the FISH answering machine at **978-443-2145** at any hour of the day or night.

Leave your name, telephone number, and brief details regarding when you need the ride, and where you are going.

Within 24 hours, a FISH coordinator will return your call, get more details, (such as whether any extra assistance will be needed with things like walkers or wheelchairs) and tell you when you'll hear from a driver.

### **We ask for a week's notice so we can best arrange for your trip.**

We do realize this is not always possible, and we'll do our best with shorter notice.



## WHO WE ARE

We are a group of volunteers whose purpose is to be there when our neighbors need us.

We do not accept pay for our services, but donations may be made to the FISH program, care of the Sudbury Senior Center.

## DO YOU WANT TO VOLUNTEER?

We are always looking for new FISH drivers, so that no driver is ever asked to drive too often. In fact, the average for most drivers is less than one ride a month. We work to make volunteering easy and convenient. We can use your help even if you are only available on certain days or under special circumstances.

If you'd like to join our wonderful group, just call the FISH answering machine at **978-443-2145** and a coordinator will return your call.

## FISH HISTORY

FISH (**F**riends in **S**ervice **H**elping) is an international volunteer organization founded by members of St. Andrews Church in Oxford, England. The first FISH group in the U.S. was organized in West Springfield, MA in 1964. FISH of Sudbury was organized in 1970. Today we provide more than a thousand rides a year for our neighbors who otherwise couldn't get to their medical appointments.